



9/12/2015

East Boulder Recreation Center Leisure Pool

September

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:30am		Adult-Warm Water Wellness 7:30-9:30		Adult-Warm Water Wellness 7:30-9:00				
8:00am	Aqua-Fit 8:00-9:00		Aqua-Fit 8:00-9:00		Aqua-Fit 8:00-9:00			Aqua-Fit 8:00-9:00
8:30am								
9:00am	55+ W.W. F (2) 9-9:45	Twinges in the Hinges 9:30-10:30	55+ W.W. F (2) 9-9:45	55+ W.W.F (2) 9-10:00	Aqua Motion 9:00-9:30	Swim Lessons 9:00-12:00		
9:30am	Aqua Motion 9:45-10:15		Aqua Motion 9:45- 10:15		Aqua Motion 9:30-10:30			
10:00am								
10:30am	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00	Open Swim 10:30-1:00			
11:00am								
11:30am								
12:00pm								
12:30pm								
1:00pm	55+ W.W.F (3) 1-2:00	55+ W.W.F (1) 1-1:45	55+ W.W.F (3) 1-2:00	55+ W.W.F (1) 1-1:45	Open Wellness 1:00-3:00	Open Swim 12:00-5:30	Open Swim 9:30-7:30	
1:30pm								
2:00pm	Aqua-Core 2:00-3:00	Open Wellness 2:00-3:00	Aqua-Core 2:00-3:00	Open Wellness 2:00-3:00				
2:30pm								
3:00pm	Open Swim 3:00-5:15	Open Swim 3:00-5:15	Open Swim 3:00-5:15	Open Swim 3:00-5:15	Open Swim 3:00-9:00			
3:30pm								
4:00pm								
4:30pm								
5:00pm	EXPAND 5:15-6:15 shallow end open	Swim Lessons 5:15-7:15	Open Wellness 5:15-6:15	Swim Lessons 5:15-7:15				
5:30pm	Hy-Dro Drive 6:15-7:15 shallow end open		Hy-Dro Drive 6:15- 7:15 shallow end open					
6:00pm								
6:30pm								
7:00pm	Open Swim 7:15-9:00	Open Swim 7:15-9:00	Open Swim 7:15-9:00	Open Swim 7:15-9:00				
7:30pm								
8:00pm								
8:30pm								
9:00pm								

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-4400 or go to www.boulderaquatics.org